



King County

King County Meeting Agenda Board of Health

1200 King County Courthouse
516 Third Avenue
Seattle, WA 98104

*Metropolitan King County Councilmembers: Julia Patterson, Chair;
Kathy Lambert, Vice Chair; Reagan Dunn,
Bob Ferguson, Larry Gossett, Pete von Reichbauer*

*Seattle City Councilmembers: Sally Clark, Nick Licata, Tom Rasmussen
Alternate: Richard Conlin*

*Suburban Elected Members: David Hutchinson, Ava Frisinger
Alternate: Dan Sherman*

*Health Professionals: Ray M. Nicola, MD, MHSA, FACPM,
Frankie T. Manning, RN, M.A. and George W. Counts, MD*

Staff: Helen Chatalas, Board Administrator (263-8560); Carrie Cihak, Lead Staff (296-0317)

Director, Seattle-King County Department of Public Health: Dr. David Fleming

Room 1001	October 16, 2008	1:30 PM
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1. **Call to Order**
2. **Roll Call**
3. **Announcement of Any Alternates Serving in Place of Regular Members**
4. **Approval of Minutes of July 17, 2008, Special July 17, 2008 and September 18, 2008**
5. **Public Comments**
6. **Chair's Report**
7. **Board Member Updates**
8. **Director's Report**
9. **Administrator's Report**

Discussion and Possible Action

10. **Resolution No. 08-11**

A RESOLUTION identifying potential public health financing options.

Carrie Cihak, Board of Health Lead Staff



Sign language and communication material in alternate formats can be arranged given sufficient notice (296-1000).
TDD Number 296-1024.

ASSISTIVE LISTENING DEVICES AVAILABLE IN THE COUNCIL CHAMBERS



11. Resolution No. 08-12

A RESOLUTION adopting the recommendations of the King County Board of Health school obesity prevention committee.

Donna Oberg, Nutrition Consultant, Public Health - Seattle and King County

Briefings**12. BOH Briefing No. 08-B23**

An assessment of the U.S. Presidential candidates' health care proposals

Dorothy Teeter, Chief of Health Operations, Public Health - Seattle and King County
Diana Birkett, Director of Federal Relations, Group Health Cooperative

13. BOH Briefing No. 08-B24

Menu Labeling and Trans Fat Implementation Update

Dennis Worsham, Regional Health Officer, Public Health - Seattle and King County

14. Other Business**15. Adjournment**

If you have questions or need additional information about this agenda, please call 206-263-8560, or write to Helen Chatalas, Board of Health Administrator via email at helen.chatalas@kingcounty.gov



King County

King County Meeting Proceedings Board of Health

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Staff (296-0317)*

Director, Seattle-King County Department of Public Health: *Dr. David
Fleming*

Room 1001

July 17, 2008

1:30 PM

1. Call to Order

The meeting was called to order at 1:40 p.m.

2. Roll Call

Present: Mr. Ferguson, Ms. Lambert, Ms. Patterson, Mr. von Reichbauer, Mr. Dunn, Mr. Rasmussen, Mr. Hutchinson, Ms. Frisinger, Dr. Nicola, Ms. Manning, Dr. Counts, Mr. Gossett and Mr. Licata
Excused: Ms. Clark and Mr. Sherman

3. Announcement of Any Alternates Serving in Place of Regular Members

There were no alternates serving in place of regular members of the Board.

4. Approval of Minutes of June 19, 2008

Boardmember Hutchinson moved approval of the minutes of June 19, 2008. The motion passed unanimously.

Briefings

5. BOH Briefing No. 08-B16

Overview of King County Budget Process

Bob Cowan, director, King County Budget Office, briefed the Board on the county's budget process, including accelerated submittal of department business plans identifying potential reductions as part of the process.

Presented

6. **BOH Briefing No. 08-B17**

Overview of King County Structural Budget Crisis

Carrie Cihak, staff to the Board, briefed the Board on the county's structural budget crisis and made a PowerPoint presentation.

Mr. Cowan answered questions of the Board.

Presented

7. **BOH Briefing No. 08-B18**

Overview of the 2008 Public Health Budget and 2009 Challenges

Dr. David Fleming, director, Department of Public Health, briefed the Board on the 2008 public health budget and 2009 challenges.

Presented

8. **Other Business**

There was no other business to come before the Board.

9. **Adjournment**

The meeting was adjourned at 2:41 p.m.

Approved this _____ day of _____.

Clerk's Signature



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Staff (296-0317)*

Director, Seattle-King County Department of Public Health: *Dr. David
Fleming*

Southwest Conference Room

July 17, 2008

2:30 PM

SPECIAL MEETING

1. Call to Order

The meeting was called to order at 2:47 p.m.

2. Roll Call

Present: Mr. Ferguson, Ms. Lambert, Ms. Patterson, Mr. von Reichbauer, Mr. Dunn, Mr. Rasmussen, Mr. Hutchinson, Ms. Frisinger, Dr. Nicola, Ms. Manning, Dr. Counts, Mr. Gossett and Mr. Licata
Excused: Ms. Clark and Mr. Sherman

3. **BOH Briefing No. 08-B19**

Potential BOH Strategies for Addressing the Public Health Budget Crisis

The Board heard a presentation by Helen Chatalas, Board Administrator, and was led in a facilitated discussion by Susan Coskey. Dr. David Fleming, Director of the Department of Public Health, and Carrie Cihak, staff to the Board, answered questions of the Board.

Presented

4. Adjournment

The meeting was adjourned at 4:10 p.m.

Approved this _____ day of _____.

Clerk's Signature

6



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Staff: Helen Chatalas, Board Administrator (263-8560); Carrie Cihak, Lead
Staff (296-0317)

Director, Seattle-King County Department of Public Health: Dr. David
Fleming

Room 1001

September 18, 2008

1:30 PM

DRAFT MINUTES

1. Call to Order

The meeting was called to order at 1:32 p.m.

2. Roll Call

Present: Mr. Ferguson, Ms. Lambert, Ms. Patterson, Mr. Dunn, Ms. Clark, Mr. Hutchinson, Mr. Sherman, Ms. Frisinger, Dr. Nicola, Ms. Manning, Dr. Counts, Mr. Gossett and Mr. Licata
Excused: Mr. von Reichbauer and Mr. Rasmussen

3. Announcement of Any Alternates Serving in Place of Regular Members

4. Approval of Minutes of August 7, 2008

Boardmember Hutchinson moved approval of the minutes of August 7, 2008. The motion passed unanimously.

5. Public Comments

There was no public comment.

6. Chair's Report

The Chair explained the use of the green folder to organize materials presented to the Board at the meeting. She also noted that she has asked staff to prepare a briefing on the presidential candidates' proposals for health care reform and also on state proposals for public health reform.

7. Board Member Updates

There were no Boardmember updates.

7

8. Director's Report

There was no Director's report.

Briefings**9. BOH Briefing No. 08-B21****Public Health Financing Need and Potential Revenue Options**

Dr. David Fleming, Director of the Department of Public Health, briefed the Board on local public health needs and made a PowerPoint presentation.

Helen Chatalas, Board Administrator, briefed the Board on possible funding options and led a discussion.

At the conclusion of the discussion, the Chair directed staff to confer with the Washington State Association of Local Public Health Officers (WSALPHO), the Association of Washington Cities, the Washington Association of Counties and other stakeholders about funding options and report the information to the Board.

Presented

10. BOH Briefing No. 08-B22**Current Efforts to Educate the Public and Policymakers about the Consequences of Inadequate Public Health Funding.**

Helen Chatalas, Board Administrator, introduced John Wiesman, Director, Clark County Public Health, and Anne Tan Piazza, Director of Governmental Affairs, Communications and Membership, Washington State Nurses Association, who briefed the Board and made a PowerPoint presentation.

Presented

Discussion and Possible Action**11. Resolution No. 08-09**

A RESOLUTION approving the Board of Health's Plan to Educate the Public on the Value of Public Health.

Helen Chatalas, Board Administrator, briefed the Board on the resolution.

A motion was made by Mr. Hutchinson, seconded by Dr. Counts, that this matter be Passed. The motion carried by the following vote:

Votes: Yes : 9 - Ms. Lambert, Ms. Patterson, Ms. Clark, Mr. Sherman, Mr. Hutchinson, Dr. Nicola, Dr. Counts, Mr. Gossett and Mr. Licata

No: 0

Excused: 6 - Mr. Ferguson, Mr. von Reichbauer, Mr. Dunn, Mr. Rasmussen, Ms. Frisinger and Ms. Manning

12. Resolution No. 08-10

A RESOLUTION adopting principles for health care reform.

Boardmember Counts reviewed the principles for health care reform and the resolution.

Boardmember Counts moved amendment 1. The motion was approved, 9 Ayes, 0 Noes and 4 Excused (Rasmussen, Ferguson, von Reichbauer and Dunn).

After amendment 1 was approved, Boardmember Sherman suggested an amendment to the Attachment that was the subject of the amendment. He moved to reconsider the amendment. The motion passed unanimously.

Boardmember Sherman moved to amend the Attachment by deleting the word "comprehensive" and inserting the word "basic".

Dorothy Teeter, Chief of Health Operations, answered questions of the Board.

Votring on Boardmember Sherman's motion, the motion failed, 2 Ayes (Sherman, Lambert), 7 Noes and 4 Excused (Rasmussen, Ferguson, von Reichbauer and Dunn).

Boardmember Lambert moved to amend the Attachment in principle 1 by deleting "on an equitable basis" after "service". The motion failed, 2 Ayes (Sherman, Lambert), 7 Noes and 4 Excused (Rasmussen, Ferguson, von Reichbauer and Dunn).

Boardmember Counts moved amendment 1. The motion was approved, 9 Ayes, 0 Noes and 4 Excused (Rasmussen, Ferguson, von Reichbauer and Dunn).

A motion was made by Dr. Counts, seconded by Mr. Hutchinson, that this matter be Passed. The motion carried by the following vote:

Votes: Yes : 9 - Ms. Lambert, Ms. Patterson, Ms. Clark, Mr. Sherman, Mr. Hutchinson, Dr. Nicola, Dr. Counts, Mr. Gossett and Mr. Licata

No: 0

Excused: 6 - Mr. Ferguson, Mr. von Reichbauer, Mr. Dunn, Mr. Rasmussen, Ms. Frisinger and Ms. Manning

13. Resolution No. 08-08

A RESOLUTION amending the King County Board of Health Operating Rules and reappointing the current health professional members for another term.

Mary Snodgrass, Board staff, briefed the Board on the resolution.

A motion was made by Mr. Hutchinson, seconded by Dr. Counts, that this matter be Passed. The motion carried by the following vote:

Votes: Yes : 7 - Ms. Patterson, Ms. Clark, Mr. Hutchinson, Ms. Frisinger, Dr. Nicola, Dr. Counts and Mr. Licata

No: 0

Excused: 8 - Mr. Ferguson, Ms. Lambert, Mr. von Reichbauer, Mr. Dunn, Mr. Rasmussen, Mr. Sherman, Ms. Manning and Mr. Gossett

14. Administrator's Report

There was no Adminstrator's report.

15. Other Business

There was no other business to come before the Board.

16. Adjournment

The meeting was adjourned at 3:52 p.m.

Approved this _____ day of _____.

Clerk's Signature



King County

Board of Health

Staff Report

Agenda item No: 10

Date: October 16, 2007

Proposed Resolution No.: 08-11

Prepared by: Carrie S. Cihak

SUBJECT

A RESOLUTION identifying potential state and local financing options for public health.

SUMMARY

At the July 17, 2008 meeting of the Board of Health, Board members requested staff to provide them with any and all possibilities for financing of public health. The Board received a full briefing on staff's comprehensive review of revenue options at the August 7 meeting. The Board provided feedback on the options and requested that staff report prepare a more concise list of options based on that feedback. The Board reviewed the more concise list at their September 18 meeting and requested that staff prepare a resolution on this topic for the Board's consideration.

Resolution 08-11 identifies twelve financing options for public health. The resolution is directed to State policy makers and focuses on those financing options that would require authority from the State to implement. The financing options appear in Attachment A to the resolution and are in two categories:

- I. Local Option Revenue Authority – 6 options
- II. Statewide Revenue Sources – 6 options)

The introductory clauses of the resolution establish the need for both adequate, stable, dedicated, long-term funding support for public health statewide and local option authority. The body of the resolution urges the State to consider the options identified by the Board and any other adequate, stable, dedicated, long-term financing options for public health.

ATTACHMENTS

1. Proposed Resolution 08-11, with Attachments A



KING COUNTY

1200 King County Courthouse
516 Third Avenue
Seattle, WA 98104

Signature Report

October 10, 2008

Resolution

Proposed No. 08-11.1

1 A RESOLUTION identifying potential public health
2 financing options.
3

4 WHEREAS, over the past century, public health functions have led to remarkable
5 gains in health that have significantly increased longevity and improved quality of life,
6 including accomplishments such as: safe food and water dramatically reducing illness
7 and deaths; fluoridation of water reducing tooth decay and tooth loss; population-wide
8 vaccination programs eradicating smallpox worldwide and making other once-common
9 diseases rare; and better hygiene, nutrition, antibiotics and access to health care,
10 contributing to a ninety percent decrease in infant mortality and a ninety-nine percent
11 decrease in maternal mortality since 1900, nationwide, and

12 WHEREAS, state law vests in the King County Board of Health oversight of all
13 matters pertaining to the preservation of the life and health of the people of King County,
14 including the adoption of countywide public health policy and the enactment and
15 enforcement of local public health regulations, and

16 WHEREAS, it is the responsibility of King County government to provide
17 regional public health services to the 1.8 million residents of King County, as well as the
18 hundreds of thousands of workers and tourists who enter the county each day, and

19 WHEREAS, public health functions provided by the King County government
20 protect, promote and provide for the health of the public every day, and

21 WHEREAS, over the past decade, federal and state revenues that support public
22 health, such as the motor vehicle excise tax, have been eliminated, limited or reduced,
23 and

24 WHEREAS, elimination by the state of the motor vehicle excise tax has required
25 counties and other local public health jurisdictions to annually request that the State
26 provide backfill for these revenues from the state's general fund in order to maintain
27 services and has created uncertainty for local jurisdictions about the level of funding that
28 will be available from year to year, and

29 WHEREAS, the elimination of a growing source of dedicated revenue and lack of
30 growth in other revenues has required significant increases in the level of King County
31 general fund resources to support public health services, and

32 WHEREAS, increases in King County general fund contributions to public health
33 are not sustainable in the near term or over the long term, and

34 WHEREAS, in a study on county financial health, the Washington state
35 Department of Community, Trade and Economic Development found that all counties
36 across the state are fiscally distressed, and

37 WHEREAS, the Washington state legislature's 4410 Joint Select Committee
38 concluded that the Washington state public health system is under-funded by more than

39 \$600 million each biennium and that the lack of a stable source of funding dedicated to
40 public health has eroded the ability to maintain a reliable statewide system that protects
41 the public's health, and

42 WHEREAS, the 4410 Joint Select Committee found that the types of public
43 health services offered across jurisdictions statewide vary in their availability and quality
44 and that funding is needed statewide to stop communicable disease; promote healthy lives
45 and families; assure safe food, water and air; and help people access medical and dental
46 care, and

47 WHEREAS, the 4410 Joint Select Committee found differing levels of demand
48 and need for public health services across local jurisdictions, and

49 WHEREAS, the 4410 Joint Select Committee concluded that funding for public
50 health must be a joint responsibility of the state and local jurisdictions, and

51 WHEREAS, counties have limited local authority to provide for adequate funding
52 for public health, and

53 WHEREAS, finding that the resulting risks to the health of the public due to the
54 funding crisis are unacceptable, the King County Board of Health adopted BOH
55 Resolution 08-07, finding that the lack of adequate financing for public health results in
56 unacceptable risks to the health of the public; calling on the state of Washington to
57 provide adequate, stable, dedicated, long-term financing for local public health statewide
58 and to provide financing options for local jurisdictions to protect, promote and provide
59 for the health of the public; and urging the state to examine any and all adequate and
60 stable options for state and local financing for public health; and making a commitment
61 to work with community and local, regional and state partners to educate the public about

Resolution

62 the value of public health and the need for adequate, stable, dedicated, long-term state
63 and local funding, and

64 WHEREAS, the King County Board of Health directed staff to prepare a list of
65 any and all possible financing options for public health which the Board of Health
66 reviewed and provided direction on at its August and September meetings;

67 NOW, THEREFORE, BE IT RESOLVED by the Board of Health of King
68 County:

69 The King County Board of Health identifies, through Attachment A to this
70 resolution, twelve potential state and local financing options for public health that would
71 require authority from the state to implement. The Board of Health urges the state to
72

Resolution

73 consider these and any other adequate, stable, dedicated, long-term options for financing
74 for public health.

75

BOARD OF HEALTH
KING COUNTY, WASHINGTON

Julia Patterson, Chair

ATTEST:

Anne Noris, Clerk of the Board

Attachments A. Potential Public Health Financing Options

ATTACHMENT A. POTENTIAL PUBLIC HEALTH FINANCING OPTIONS

I. Local Option Revenue Authority – 6 options

The State Legislature could grant counties the authority to raise the revenues listed in this category.

Description	Preliminary Revenue Estimate	Process/Authorities	Considerations	Comparisons
<p>1. Countywide Real Estate Excise Tax</p> <p>This revenue source is <i>in addition to</i> the ½ of 1% that most cities and counties currently levy for parks.</p>	<p>Based on 2007 collections: Statewide \$ @ 1% = \$770 million, of which King County \$ @ 1% = \$340 million</p> <p><u>Growth</u></p> <p>REET collections vary with the value of real estate sold and thus can be quite volatile year-to-year, but generally grow robustly over time.</p>	<ul style="list-style-type: none"> - Counties have authority to levy, with voter approval, a 1% REET for purchase and maintenance of conservation areas. - Counties that levy the 1% for conservation areas can also levy an additional ½ of 1% for affordable housing. - The State has already given counties the authority to raise this revenue, but requires its use for purposes other than public health. By majority vote, the State legislature could expand allowable use of this revenue source to Public Health. 	<ul style="list-style-type: none"> - Only one county (San Juan) has levied the 1% REET for conservation areas since it was established in 1990. - No county has levied the ½ of 1% for affordable housing. - Mitigation could be built in for 1st time home buyers. - County could impose less than the full 1% (e.g., ¼ of 1%). 	<ul style="list-style-type: none"> - Current REET in most jurisdictions is 1.78%, levied on the sale of real property: - The State imposes a 1.28% REET statewide. - The County and most cities in the County impose ½ of 1% REET that is dedicated to parks capital needs.

Local Option - Con't.

16

1. Local Option Revenue Authority – Cont.

Description	Preliminary Revenue Estimate	Process/Authorities	Considerations	Comparisons
<p>2. Countywide Public Health District with independent property tax authority</p>	<p><u>Countywide \$</u> Every 1¢ raises about \$3.2 million</p> <p>5¢ = \$16.2 million 10¢ = \$32.4 million 15¢ = \$48.7 million 20¢ = \$65.0 million 25¢ = \$80.0 million</p> <p><u>Growth</u> - Typically about 3% annually (1% plus new construction) - Voters can authorize higher growth rates (e.g., medical rate of inflation). Initial levy rate can be established to cover growth in costs over a several year time horizon</p>	<ul style="list-style-type: none"> - State would have to authorize creation of public health districts and property tax authority for them, similar to current authorities for public hospital districts. - The State could authorize the district board to enact taxes or could require a vote of the people. - A district board would have to be created that provide equal representation on the Board of all people in the district. 	<ul style="list-style-type: none"> - Other levies will be on the ballot in 2009 (e.g., Seattle Pike Place Market, Seattle Parks, regional sales tax increase for Sound Transit). - Median residential assessed value/typical property tax in: Seattle: \$429K/\$4,128 Issaquah: \$460K/\$4,584 Shoreline: \$336K/\$4,042 Kent: \$268K/\$3,170 - On a \$350K home, a 10¢ levy would increase property tax \$35 annually. - Increases in the King County levy can sometimes bump junior taxing districts and lessen their collections while effectively limiting the total tax assessment on individual households 	<p>2008 County levies: EMS levy = 30¢ (through 2013) Parks = 5¢ (2013) Zoo/Open Space/Trails = 5¢ Vets/Human Services = 4¢ (2011) AFIS = 5¢ (2012)</p> <p>Flood District = 10¢ Ferry District = 5.5¢</p>

Local Option - Cont.

17

I. Local Option Revenue Authority – Con't.

Description	Preliminary Revenue Estimate	Process/Authorities	Considerations	Comparisons
3. Countywide Utility Tax	<p>Countywide \$40 million @ 1% on utilities countywide</p> <p>Growth</p> <p>Collections would grow with expenditures on utilities countywide, reflecting usage, population, cost, and economic growth.</p>	<ul style="list-style-type: none"> - Requires majority vote of the State Legislature. - The State could require that the local tax authority be councilmanic or voter approved 	<ul style="list-style-type: none"> - Would be applied on top of city utility taxes. 	<p>City utility taxes vary both in terms of which utilities are taxed and the rates. Many cities impose a 6% tax, the statutory limit for most utilities.</p>
4. Motor Vehicle Excise Tax	<p>Countywide \$122 million in 2001</p> <p>Growth</p> <p>Grows with growth in number and value of vehicles licensed.</p>	<ul style="list-style-type: none"> - Requires majority vote of the State Legislature. - The State could require that the local tax authority be councilmanic or voter approved - Could also be a Statewide source of revenue for public health 	<ul style="list-style-type: none"> - Repeal of the MVET led to a loss of \$10 million in Public Health, \$6 million in criminal justice, and \$106 million in transit. - State provided 0.2% local sales tax option for transit in lieu of MVET (King County voter approved). - State backfilled \$9.5 million in public health, but amount has not grown. 	<p>Existing vehicle fees for non-commercial cars:</p> <ul style="list-style-type: none"> - \$30 tab renewal fee - \$10 weight-based fee for most cars - Filing fee \$3.75 - RTA tax in King/Pierce/Sno counties: 0.3% of car value. On a 2006 Honda Element, this is about \$60.

Local Option - Con't.

1. Local Option Revenue Authority – Con't.

Description	Preliminary Revenue Estimate	Process/Authorities	Considerations	Comparisons
5. Bottled water/bottled beverage fee May be better considered as a new Statewide revenue.	Reportedly about \$6 million Statewide; requires further research.	<ul style="list-style-type: none"> - Requires majority vote of the State Legislature. - The State could require that the local tax authority be councilmanic or voter approved - Could also be a Statewide source of revenue for public health - The ability to apply sales tax to bottled water is complicated by the Streamlined Sales & Use Tax compact. Rather than a retail sales tax, a fee would have to be applied at the wholesale level. 	<ul style="list-style-type: none"> - Prior to adoption of the product definitions in the Streamlined Sales and Use Tax compact, sales tax applied to bottled water in Washington State. 	A litter fee is currently assessed on bottled beverages at the wholesale level.
6. Hazardous Substance Tax May be better considered as a new Statewide revenue.	At 0.7%, raises \$90 million statewide.	<ul style="list-style-type: none"> - Requires majority vote of the State Legislature. - The State could require that the local tax authority be councilmanic or voter approved - Could also be a Statewide source of revenue for public health 	<ul style="list-style-type: none"> - Would apply on top of State tax. 	The State Hazardous Substance Tax is administered by the Dept. of Ecology and is imposed on 8,000 petroleum, pesticide, and chemical products. Roughly half of the revenue goes for hazardous waste cleanup.

II. Statewide Revenue Sources – 6 options

Under Initiative 960, any of these options requires: a 2/3 majority of the State Legislature, an advisory ballot of the people, and email notification to registered interested parties of any legislative action.

Description	Preliminary Revenue Estimate	Process/Authorities	Considerations	Comparisons
7. Product-Specific Sales Tax <ul style="list-style-type: none"> - Car rental - Cigarettes and Tobacco - Liquor - Insurance Premiums 	<p><u>Statewide \$</u> <i>Car Rental</i>: at current rental levels, an additional 1% = \$20m</p> <p><i>Cigarettes</i>: at current sales levels, 10¢ per pack = \$20m. Additional tax could be collected on other tobacco products.</p> <p><i>Liquor</i>: at current sales levels, a 10% increase in all liquor taxes = \$20m.</p> <p><i>Insurance premiums</i>: at current sales levels, an additional 1% tax = \$190m.</p> <p><u>Growth</u> Grows with underlying growth in each sector.</p>	<ul style="list-style-type: none"> - Requires 2/3 majority of State legislature - The Streamlined Sales & Use Tax compact limits the ability of the State impose product-specific sales taxes. Moreover, product-specific taxes must be Statewide; they are not available as local option sales taxes. 	<p>Most of these sectors already have additional sales tax rates applied to them.</p>	<p>Current tax rates on top of general sales tax:</p> <ul style="list-style-type: none"> - Car Rental: 9.7% - Cigarettes: \$2.025/pack State tax + 39¢ federal tax - Tobacco: 75% - Liquor: 20.5% for consumers; 13.7% for restaurants + \$3.77/liter, other taxes for wine and beer - Insurance premiums: 2%

Statewide Revenue Sources - Con't.

II. Statewide Revenue Sources – Con't.

Description	Preliminary Revenue Estimate	Process/Authorities	Considerations	Comparisons
8. Elimination of Sales Tax Exemption on Medical Services	<u>State Revenue Share</u> \$725 million, plus <u>Local Revenue Share</u> \$225 million, of which local jurisdictions in King County would receive \$75 million	- Requires 2/3 majority of State legislature	- Cannot be a local option.	
9. Elimination of Sales Tax Exemption on Prescription Drugs	<u>State Revenue Share</u> \$370 million, plus <u>Local Revenue Share</u> \$114 million, of which local jurisdictions in King County would receive \$38 million <u>Growth</u> Grows sales in prescription drugs, broadly reflecting population growth and economy	- Requires 2/3 majority of State legislature	- Cannot be a local option.	
10. Elimination of Sales Tax Exemption on Consumer Services (including detective, security, janitorial, custom software and securities broker services)	<u>State Revenue Share</u> \$362 million, plus <u>Local Revenue Share</u> \$137 million, of which local jurisdictions in King County would receive \$46 million <u>Growth</u> Grows sales in consumer services, broadly reflecting population growth and economy	- Requires 2/3 majority of State legislature -	- Cannot be a local option. - Recommended by Washington State Tax Structure Study Committee (2002). Does not include professional, financial, and medical services.	Most states tax services in some form.

Statewide Revenue Sources - Con't.

II. Statewide Revenue Sources – Con't.

Description	Preliminary Revenue Estimate	Process/Authorities	Considerations	Comparisons
11. Elimination of Sales Tax Exemption on Candy & Gum	State Revenue Share \$30 million, plus Local Revenue Share \$10 million, of which local jurisdictions in King County would receive \$3.5 million Growth Grows with sales in candy & gum, broadly reflecting population growth and economy	- Requires 2/3 majority of State legislature	- Cannot be a local option under the Streamlined Sales & Use Tax compact which requires that local rates be applied to the same tax base statewide.	29 other states tax candy & gum
12. Elimination of Sales Tax Exemption on Cosmetic Surgery	Requires more research	- See heading notes	- Same as above - Senator Keiser sponsored a bill to eliminate this exemption in the 2005 legislative session (SB5451).	New Jersey has a cosmetic surgery tax, estimated to raise \$25 million.



King County

King County Board of Health

Staff Report

Agenda item No:	11	Date:	October 16, 2008
Resolution No:	08-12	Prepared by:	Donna Oberg and Mary Snodgrass

Subject

A RESOLUTION adopting the recommendations of the King County Board of Health School Obesity Prevention Committee.

Purpose and Summary

The King County Board of Health established the School Obesity Prevention Committee as part of its 2008 scope of work. The committee's work plan focused on recommendations for the Board of Health to improve the school nutrition environment. Boardmember Lambert chaired the committee and Boardmembers Rasmussen, Frisinger, and Manning served as members, along with a group representing different areas within schools and school districts.

The School Obesity Prevention Committee's proposed recommendations for the Board of Health include:

- Promoting implementation and evaluation of school district wellness policies
- Promoting recess before lunch policies at King County elementary schools
- Federal, state, and local advocacy to improve school nutrition environments
- Endorsing a school nutrition resource website

Through Resolution 08-12, the Board would adopt the School Obesity Prevention Committee's recommendations, as well as the committee's proposed activities that it will undertake to complete these activities.

Background

In July 2007, the King County Board of Health adopted a regulation on artificial trans fat that included the following language: "The King County Board of Health intends, in consultation with the health officer, school representatives, and other interested parties, to identify strategies supporting healthy food choices in schools." In response, staff began meeting with local school

nutrition program representatives and gathering information. During the September 2007 Board of Health meeting, the Board received an introduction to school nutrition programs.

In October 2007, a panel of experts briefed the Board in more detail regarding school nutrition programs and the nutrition environment in schools. The panel also briefed the Board on school district wellness policies, which are required by both the federal and state government. Each school district has developed a wellness policy to address nutrition and physical activity, including the nutritional content of foods and beverages sold throughout the school day and the availability and quality of health education.

In January 2008, the Board adopted Resolution 08-01 establishing the Board's 2008 scope of work and directing the development of committee work programs for Board review and approval. The 2008 BOH scope of work is closely aligned with the adopted Public Health Operational Master Plan (PHOMP) and is being carried out with the help of committees, including the school obesity prevention committee in the PHOMP area of Promotion.

In February 2008, the Board adopted Resolution 08-02 establishing the School Obesity Prevention Committee's work program. The work program is focused on school nutrition and asks the committee to prioritize two or three school nutrition policies for the BOH to support. The work program also identifies committee members and staff, and describes how the committee should address health disparities and expected outcomes and measures for success.

The School Obesity Prevention Committee

Membership

Boardmember Kathy Lambert chaired the School Obesity Prevention Committee. Boardmembers Tom Rasmussen, Ava Frisinger, and Frankie Manning also served on the committee, along with a diverse group of community members representing different areas within the schools and school districts that influence the nutrition environment. Please see Attachment 5 for the committee roster.

Meetings

The committee began meeting in May 2008 and held each of its four meetings at a different elementary, middle, or high school throughout the county. After receiving presentations and discussing each of the areas that influence the school nutrition environment at their first meeting, the committee compiled a comprehensive list of possible focus areas and actions for the Board of Health. The committee prioritized and refined this list during the second and third meetings, and at the fourth meeting the committee finalized its recommendations for the Board of Health's consideration.

Recommendations

The School Obesity Prevention Committee recommendations to the Board of Health include:

- Promoting implementation and evaluation of school district wellness policies
- Promoting recess before lunch policies at King County elementary schools
- Federal, state, and local advocacy to improve school nutrition environments
- Endorsing a school nutrition resource website

Please see Attachment A for more detail on the recommendations.

The committee has proposed activities (Attachment C) that it will undertake to assist with these recommendations. For example, the committee has proposed a “Healthy Schools Nutrition Package” (Attachment B) that it will distribute to school boards and superintendents over the next school year.

The **Healthy Schools Nutrition Package** will contain information about the following:

- An assessment of wellness policy implementation in King County school districts
- Advocacy to support county, state and federal legislation pertaining to the school nutrition environment
- Recess before Lunch – promotes nutrient consumption and decreases food waste, while improving cafeteria and classroom atmosphere (see Attachment 7 for more information)
- School gardens – increase students’ knowledge of and preferences for fruits and vegetables, while simultaneously improving learning in all academic areas.
- The proposed school nutrition resource website

Resolution 08-12

Analysis

Through this resolution, the Board would:

1. Recognize the importance of the King County school districts’ adopted wellness policies and supports efforts by the school obesity prevention committee to:
 - a. Distribute and promote a Healthy Schools Nutrition Package (Attachment B) to all King County school districts
 - b. Collaborate with the University of Washington Center for Public Health Nutrition to assess the current status of school district wellness policy implementation throughout the county
2. Encourage King County school districts to adopt a Recess before Lunch policy in elementary schools as part of their wellness plans

3. Urge King County to add the Child Nutrition and WIC Reauthorization Act to its federal lobbying agenda
4. Urge King County, the City of Seattle, and the suburban cities within King County to add covering the \$0.40 co-pay for reduced priced lunches to increase access to school meals to their state lobbying agendas
5. Recognize the need to continue advocating for improved school nutrition environments within King County, and support efforts by the school obesity prevention committee to:
 - a. Coordinate efforts with other groups to promote the importance of school meals, which are often affordable, nutritious options for students compared to many sack lunches, fast foods, or competitive foods, and encourage parents families to investigate and participate in the school meal program
 - b. Provide information about school gardens to King County school districts
6. Endorse the school obesity prevention committee's recommendation to develop a school nutrition resource website that will assist, for example, school administrators, teachers, staff, students, PTSA, DECA and parents in improving the school nutrition environment
7. Adopt the committee's proposed activities (Attachment C)

ATTACHMENTS

1. Resolution 08-12
2. Attachment A to the Resolution: Committee Recommendations
3. Attachment B to the Resolution: Overview of Healthy Schools Nutrition Package
4. Attachment C to the Resolution: Committee Proposed Activities
5. Committee Roster
6. Committee Meeting Agendas
7. Recess before Lunch Policies



Signature Report

October 10, 2008

Resolution

Proposed No. 08-12.1

1 A RESOLUTION adopting the recommendations of the
2 King County Board of Health school obesity prevention
3 committee.
4

5 WHEREAS, in King County and throughout the nation, childhood obesity is an
6 epidemic and places children at higher risk for long-term health problems such as heart
7 disease, type 2 diabetes, stroke, high blood pressure, certain cancers, poor self-esteem
8 and obesity as an adult, and

9 WHEREAS poor nutrition and low levels of physical activity contribute to
10 obesity, and

11 WHEREAS, the school environment plays an influential role in children's lives,
12 including their nutrition and physical activity, and, in accordance with state and federal
13 requirements, every school district in King County has adopted a wellness policy to
14 address nutrition and physical activity guidelines, and

15 WHEREAS, through Resolutions 08-01 and 08-02, and consistent with the
16 principles established in the Public Health Operational Master Plan and the intent of Rule
17 and Regulation 07-01, the King County Board of Health created a school obesity

18 prevention committee to focus on school nutrition, identifying nutrition policies for the
19 board to support and working with schools to identify barriers to implementation, and

20 WHEREAS, the school obesity prevention committee has accomplished its scope
21 of work and provided recommendations for Board of Health action, which is Attachment
22 A to this resolution;

23 NOW, THEREFORE, BE IT RESOLVED by the Board of Health of King
24 County:

25 A. The board recognizes the importance of the King County school districts'
26 adopted wellness policies and supports efforts by the school obesity prevention
27 committee to:

28 1. Distribute and promote the Healthy Schools Nutrition Package, which is
29 Attachment B to this resolution, to all King County school districts; and

30 2. Collaborate with the University of Washington Center for Public Health
31 Nutrition to assess the current status of school district wellness policy implementation
32 throughout the county;

33 B. The board encourages King County school districts to adopt a recess before
34 lunch policy in elementary schools as part of their wellness plans;

35 C. The board urges King County to add the Child Nutrition and WIC
36 Reauthorization Act to its federal lobbying agenda, and

37 D. The board urges King County, the city of Seattle and the suburban cities
38 within King County to add covering the forty-cent copay for reduced priced lunches
39 grades four through twelve to their state lobbying agendas;

40 E. The board recognizes the need to continue advocating for improved school
41 nutrition environments within King County, and supports efforts by the school obesity
42 prevention committee to:

43 1. Coordinate efforts with other groups to promote the importance of school
44 meals, which are often affordable, nutritious options for students compared to many sack
45 lunches, fast foods or competitive foods, and encourage parents families to investigate
46 and participate in the school meal program; and

47 2. Provide information about school gardens to King County school districts;

48 F. The board supports the school obesity prevention committee's
49 recommendation to develop a school nutrition resource website that will assist, for
50 example, school administrators, teachers, staff, students, parent-teacher-student
51 associations and parents in improving the school nutrition environment; and
52

Resolution

53 G. The school obesity prevention committee's proposed activities, Attachment C
54 to this resolution, is hereby adopted.

55

BOARD OF HEALTH
KING COUNTY, WASHINGTON

Julia Patterson, Chair

ATTEST:

Anne Noris, Clerk of the Board

Attachments A. Obesity Prevention Committee--Proposed Actions for the Board of Health, B.
Obesity Prevention Committee--Health Schools Nutrition Package, C. Obesity
Prevention Committee--Proposed Activities

King County Board of Health School Obesity Prevention Committee

Proposed Actions for the Board of Health

The King County Board of Health School Obesity Prevention Committee requests that the Board consider the following actions to improve the school nutrition environment in King County's nineteen school districts:

I. Promote Implementation and Evaluation of School District Wellness Policies

- Sponsor a **Healthy Schools Nutrition Package** to promote implementation and evaluation of Wellness Policies and distribute to school boards and superintendents.
- Endorse the committee's collaboration with the University of Washington Center for Public Health Nutrition to conduct an assessment of the implementation status of county school district wellness policies (Jan-Mar 2009).

II. Promote and Encourage Recess before Lunch at King County Elementary Schools

- Encourage all King County school districts to include Recess before Lunch in their Wellness Policy.
- Endorse the committee's efforts to promote Recess before Lunch in elementary schools.

III. Advocate at Various Levels of Government to Improve the School Nutrition Environment

- **Federal Government**
 - Submit a letter to USDA regarding the Child Nutrition and WIC Reauthorization Act supporting critical improvements to school nutrition environments.
 - Request that King County add the Child Nutrition and WIC Reauthorization Act to its federal lobbying agenda.
- **State Legislature**
 - Submit a letter to the WA State Legislature to advocate for covering reduced priced lunches to increase access to school meals (2009).
 - Request that King County, Seattle, and the suburban cities add covering the co-pay to their state lobbying agendas.
 - Include information about SB 5093 Taskforce recommendations to King County school districts as part of the Healthy Schools Nutrition Package.
- **King County**
 - Coordinate efforts with other groups to promote the importance of school meals through the media and other channels.
 - Provide information about school gardens to King County school districts.

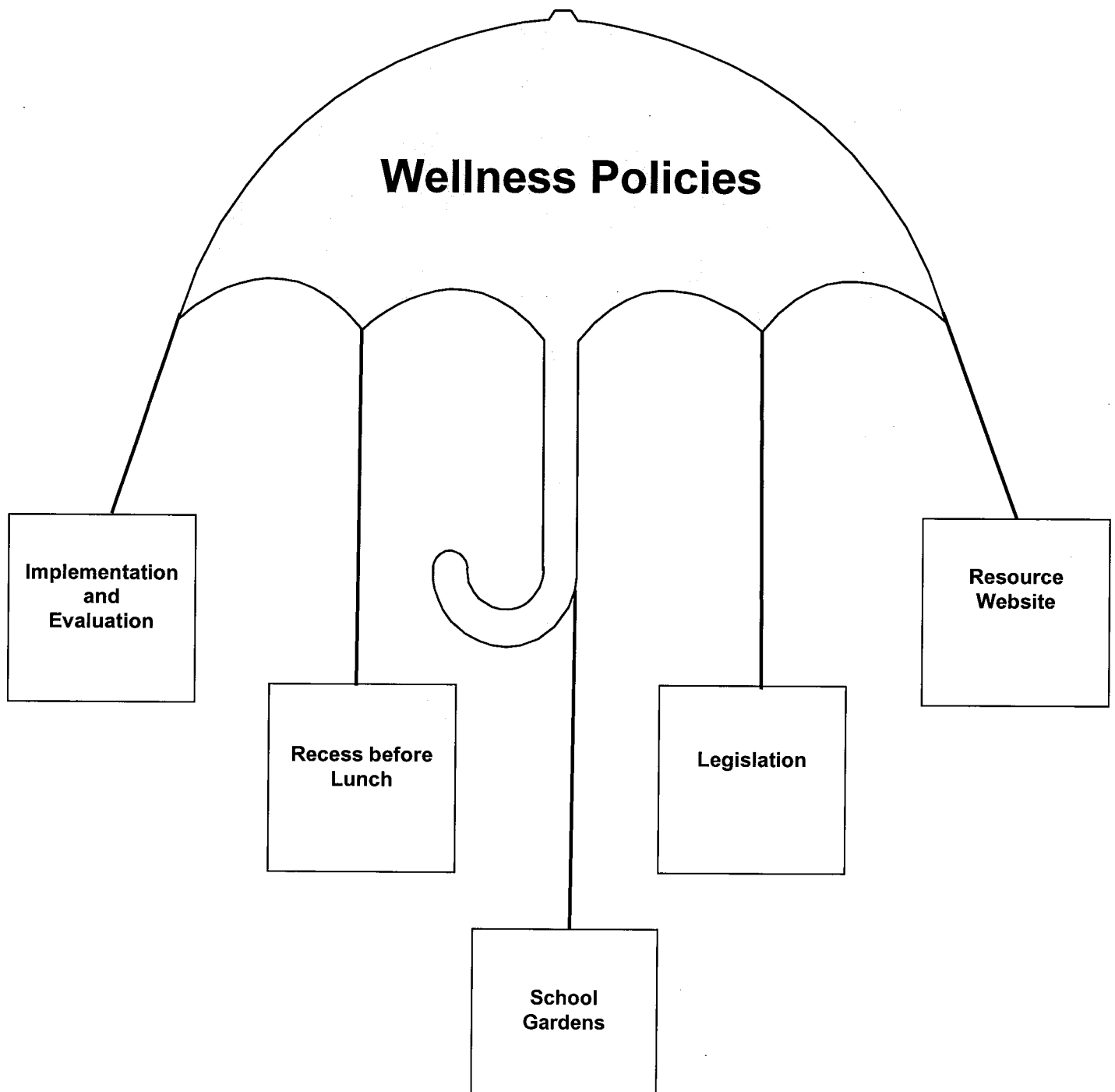
IV. Endorse the Committee's Proposed School Nutrition Resource Website

- Create a website with hyperlinks to resources for improving the school nutrition environment for school administrators, teachers/staff, DECA, students, PTSA and parents.
- Topics to include: school gardening, fundraising with healthy foods and non-food items, resources for implementing wellness policies, healthy food choices, and school meal promotion ideas.

King County Board of Health Obesity Prevention Committee

HEALTHY SCHOOLS

Nutrition Package



King County Board of Health School Obesity Prevention Committee Proposed Activities

School Wellness Policies

Goal: To encourage schools to enforce their existing policies and have designated staff responsible for implementation

- **Assessment of King County School Districts' Wellness Policy Implementation (Collaboration started with UW Center for Public Health Nutrition) (Nov 2008)**
 - ♣ Coordinate with the UW Center on Public Health Nutrition and graduate students conducting the assessment of the 19 districts' current implementation and evaluation efforts
 - ♣ Develop a factsheet to include in healthy schools package describing the assessment
 - *PHSKC and UW Center for Public Health Nutrition to complete*
- **Healthy Schools Nutrition Package School Boards (Oct. 2008 – April 2009)**
 - ♣ Develop and assemble nutrition package materials
 - ♣ Develop a standard presentation
 - ♣ Schedule presentations for 2008 - 2009 school board meetings
 - ♣ Present Healthy Schools Nutrition Package to King County school boards:
 - *BOH School Obesity Prevention Committee – volunteers present 2008-2009*

Recess before Lunch

Goal: To raise awareness and promote the healthy practice of recess before lunch in elementary schools in King County

- **Op-Ed, Letter, and Factsheet (Dec. 2008 – April 2008)**
 - ♣ Submit Op-Ed to The Seattle Times
 - *Completed and printed July 3, 2008*
 - ♣ Send a letter to each elementary school principal in King County
 - *Completed July 2008*
 - ♣ Create a factsheet for the Healthy Schools Nutrition Package
 - ♣ Send cover letter, Op-Ed and Factsheet to interested parties, such as:

○ PTSA state level e-mail tree	○ King County employees (Health Matters and/or insert with paychecks)
○ PR offices in schools	○ Media (e.g. Health Link, Jean Enersen)
○ Gyms	○ Alliance for Education
○ Local free newspapers – adapt op-ed	○ King County Nurses Association
○ WA Recreation and Parks Association	○ Seattle Child Magazine
○ Occupational/Physical Therapy Associations	
- **Champions**
 - ♣ Identify champions (elementary school principals) to serve as a resource for schools, discuss challenges and benefits of implementation

Advocacy to Improve the School Nutrition Environment

Goal: To advocate for the following funding and nutrition policies

Federal Government

- **Child Nutrition and WIC Reauthorization Act – 2009 (Oct. 2008 – June 2009)**
 - ♣ Submit BOH letter to USDA
 - ♣ Create sample letter for committee members and other organizations to use
 - ♣ Coordinate with King County DC lobbyists

State Legislature

- **Covering the \$0.40 Co-pay for Reduced Priced Lunches (Jan-April 2009)**
 - ♣ Submit BOH letter
 - ♣ Contact other organizations that may be interested in supporting efforts to advocate:
 - Suburban Cities
 - City of Seattle
 - School Districts
 - Puget Sound Educ. Service Dist.
 - WA State Dietetic Assoc.
 - WA State School Directors Assoc.
 - Assoc. of WA School Principals
 - WA Health Foundation
 - ♣ Coordinate with King County state lobbyists and Children's Alliance
- **SB 5093 – School Nutrition Requirements (Nov. 2008 - April 2009)**
 - ♣ Determine the Legislative Taskforce recommendations to State Legislature
 - ♣ Inform school districts in Healthy Schools Nutrition Package to assist schools in meeting requirements and implementation timeframe - 2010

King County

- **School Meal Promotion (Nov. 2008 – June 2009)**
 - ♣ Submit an Op-Ed highlighting the value of the school meal program
 - ♣ Create a factsheet to include in the Healthy Schools Nutrition Package
 - ♣ Coordinate efforts with other organizations to promote school meals
- **School Gardens**
 - ♣ Develop a factsheet in collaboration with Puget Sound Gardens Collective featuring benefits of school gardens and King County elementary schools with gardens (Concord, Highpoint, Laurelhurst, Montlake, Orca and Sanislo) <http://www.pugetsoundschoolgardens.org/> (include in Health Schools Package)
 - ♣ Send factsheet to: school boards, superintendents, PTAs

School Nutrition Resource Website

Goal: To provide a BOH-sponsored website with hyperlinks to relevant resources for parents, teachers/staff, and students

- **Webpage**
 - ♣ Create a webpage with links to:
 - Model wellness policies and resources for implementing and evaluating
 - Healthy Schools UW website
 - Resources for successful fundraising – healthy foods and non-food items
 - Recess before Lunch resources
 - School Gardens
 - ♣ Develop a factsheet describing the webpage and include in Healthy Schools Package

**King County Board of Health
Obesity Prevention School Nutrition Committee Roster**

Board of Health Members

Kathy Lambert, Chair
King County Councilmember
kathy.lambert@kingcounty.gov

Ava Frisinger
Mayor of the City of Issaquah
mayor@ci.issaquah.wa.us

Tom Rasmussen
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Frankie Manning
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Food Service Managers

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Wendy Weyer
Dietitian and Quality Control Supervisor
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Assistant Superintendent, Support Services
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Wellness Policy Consultant

Nancy Lytle
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Parent

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DECA Representative

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Executive Director of Washington DECA
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PTA Representative

Clarissa Ruston
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University of Washington Professor

Donna Johnson
Associate Professor; Associate Director of the
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Staff to the Committee

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Lead Staff - Board of Health
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Public Health - Environmental Health School Liaison

Charles Wu
Environmental Health-School Program
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Intern for Boardmember Lambert

Sabrina Ross
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(206) 296-0361



King County
King County Board of Health
Obesity Committee
Meeting Agenda

May 8, 2008
2:00 p.m. – 4:00 p.m.

Bailey Gatzert Elementary School
1301 E Yesler Way
Seattle, WA 98122

Committee Members: Boardmember Kathy Lambert, Boardmember Tom Rasmussen, Boardmember Ava Frisinger, Boardmember Frankie Manning, Eric Boutin, Wendy Weyer, Geri Fain, Nancy Lytle, Elvira Vojnikovic, Kelly Ambrose, Clarissa Ruston, and Mary Podrabsky.
Unable to attend meeting:

Board Member Frankie Manning, Shanna LaMar, Donna Johnson and Jim Krieger

Committee Staff: Donna Oberg, Mary Snodgrass

Board of Health Staff: Helen Chatalas, Carrie Cihak, Sabrina Ross

2:00 – 2:10 (10 min)	Introduction <ul style="list-style-type: none"> • Welcome • Introductions 	Kathy Lambert
2:10 – 2:20 (10 min)	Committee Overview <ul style="list-style-type: none"> • BOH work and actions on obesity prevention • Overview of School Obesity Prevention Committee Work Plan • Defining Committee role and deliverables <i>Related Documents:</i> <ul style="list-style-type: none"> • Committee Work Plan • Committee Roster 	Kathy Lambert
2:20 – 2:50 (30 min)	Presentations on the School Nutrition Environment <i>Related Documents:</i> <ul style="list-style-type: none"> • School Meal Program • DECA • School Fundraising – PTA, Athletics, Special Programs 	Wendy Weyer Kelly Ambrose Clarissa Ruston
2:50 – 3:05 (20 min)	Discussion of School Wellness Policies – Summary Challenges of Implementation and Evaluation <i>Related Documents:</i> <ul style="list-style-type: none"> • King County School District Policy Summary • Model School Nutrition Policy 	Donna Oberg Nancy Lytle
3:05 – 3:55 (50 min)	Discussion <ul style="list-style-type: none"> • Identify and prioritize a list of school policies, legislation and activities that the BOH could take action upon to promote healthy nutrition environments in schools and address disparities. 	Facilitation: Kathy Lambert and Donna Oberg
3:55 – 4:00 (10 min)	Wrap-up and Adjourn	Kathy Lambert



King County

King County Board of Health Obesity Committee Meeting Agenda

June 5, 2008
1:00 p.m. – 3:00 p.m.

Redmond High School
17272 NE 104th Street
Redmond, WA 98122

Committee Members: Boardmember Kathy Lambert, Boardmember Tom Rasmussen, Boardmember Ava Frisinger, Boardmember Frankie Manning, Eric Boutin, Jim Krieger, Geri Fain, Chris Neal Donna Johnson, Shanna LaMar, Nancy Lytle, Clarissa Ruston, Elvira Vojnikovic, and Wendy Weyer

Committee Staff: Donna Oberg, Mary Snodgrass

Board of Health Staff: Helen Chatalas, Carrie Cihak, Sabrina Ross

1:00 – 1:10 (10 min)	Introduction <ul style="list-style-type: none">• Welcome• Introductions	Kathy Lambert
1:10 – 1:20 (10 min)	Committee Goals for Meeting <ul style="list-style-type: none">• Identify, discuss and prioritize potential Board of Health actions that could support school districts in creating a healthier nutrition environment for students and staff. <i>Related Documents:</i> <ul style="list-style-type: none">• Committee Roster• Draft List of Potential Actions for BOH• Handouts: background information on school nutrition environments – IOM Report on Nutrition Standards for Foods in Schools; Senate Bill 5093 – Section 5; and Nutrition Education Resources	Kathy Lambert
1:20 – 2:50	Discussion <ul style="list-style-type: none">• Identify and prioritize a list of school policies, legislation and activities that the BOH could take action upon to promote healthy nutrition environments in schools and address disparities.	<u>Facilitate:</u> Kathy Lambert and Donna Oberg
2:50 – 3:00	Wrap-up and Adjourn	Kathy Lambert
Next Meeting	<u>July 18th (Friday) 9 am - 11 am</u> Cascade Middle School 1015 24th Street NE Auburn, WA 98002	



King County

King County Board of Health Obesity Committee Meeting Agenda

July 18, 2008 (Friday)
9:00 p.m. –11:00 p.m.

Cascade Middle School
1015 24th Street NE
Auburn, WA 98002

Committee Members: Boardmember Kathy Lambert, Boardmember Tom Rasmussen, Boardmember Ava Frisinger, Boardmember Frankie Manning, Eric Boutin, Jim Krieger, Geri Fain, Chris Neal, Donna Johnson, Mary Prodrabsky, Shanna LaMar, Nancy Lytle, Clarissa Ruston, Elvira Vojnikovic, and Wendy Weyer, Anita Finch

Committee Staff: Donna Oberg, Mary Snodgrass **Environmental Health School Liason:** Charles Wu

Board of Health Staff: Helen Chatalas, Carrie Cihak, Sabrina Ross

9:00 – 9:10 (10 min)	Introduction <ul style="list-style-type: none"> • Welcome • Introductions 	Kathy Lambert
9:10 – 9:30 (20 min)	Committee Goals for Meeting <ul style="list-style-type: none"> • Review the voting results from June 5th meeting that prioritized potential Board of Health actions to help support school districts in creating a healthier nutrition environment for students and staff. • Identify ideas for next steps to provide to the BOH for potential action Related Documents: <ul style="list-style-type: none"> • Agenda and Minutes from last School Obesity Prevention Meeting • List of Committee Members of Areas of Expertise • Copy of the Recess Before Lunch Op-ed in <i>Seattle Times</i> 7.3.08 • Copy of the letter sent to elementary school principals encouraging adoption of Recess Before Lunch • Committee Report Board of Health/ BOH Committee Scope of Work • Summary of Voting Results from the 6.5.08 Committee Meeting 	Kathy Lambert
9:30 – 9:40 (10 min) 9:40 –10:50 (1 hr 10 min)	Discussion of Wellness Policies Discussion of Potential BOH Actions <ul style="list-style-type: none"> • Discuss possible next steps for the highest priority potential actions for the KC BOH to promote healthy nutrition environments in schools and address disparities. 	Facilitate: Kathy Lambert and Donna Oberg
10:50 – 11:00 (10 min)	Wrap-up and Adjourn Invitation to: Tour Auburn's School Garden After Meeting Eric Boutin	Kathy Lambert
Next Meeting	Thursday, August 7 th , 1:00 – 3:00 p.m. Bow Lake Elementary School 18237 42 nd Ave South SeaTac, WA 98188	



King County

King County Board of Health Obesity Committee Meeting Agenda

September 19, 2008 (Friday)

10:00 a.m. – Noon

Bow Lake Elementary School

18237 42nd Ave. South

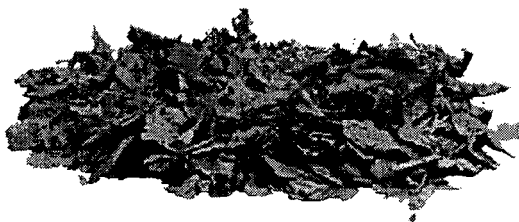
SeaTac, WA 98188

Committee Members: Boardmember Kathy Lambert, Boardmember Tom Rasmussen, Boardmember Ava Frisinger, Boardmember Frankie Manning, Eric Boutin, Jim Krieger, Geri Fain, Chris Neal, Donna Johnson, Mary Prodrabsky, Shanna LaMar, Nancy Lytle, Clarissa Ruston, Elvira Vojnikovic, and Wendy Weyer, Anita Finch

Committee Staff: Donna Oberg, Mary Snodgrass **Environmental Health School Liason:** Charles Wu

Board of Health Staff: Helen Chatalas, Carrie Cihak, Sabrina Ross

10:00 – 10:10 (10 min)	Introduction <ul style="list-style-type: none"> Welcome Introductions 	Kathy Lambert
10:10 – 10:25 (15 min)	School Gardens Update Presentation by - Puget Sound School Gardens Collective <ul style="list-style-type: none"> Description of some of the gardens in King County How Puget Sound Gardens Collective works Updated list of school gardens Related Documents: <ul style="list-style-type: none"> School Garden website http://www.pugetsoundschoolgardens.org/index.php 	Sue McGann Solid Ground – Mara Farms and Lettuce Link
10:25- 10:40 (15 min)	Assessment of King County school district wellness policies by UW graduate students (Winter Quarter 2009)	Donna Johnson
10:40 – 11:00 (20 min)	Review Committee discussions from July 18th meeting Related Documents: <ul style="list-style-type: none"> Agenda and Minutes from last School Obesity Prevention Meeting Summary of discussion results from the 7.18.08 Committee Meeting 	Kathy Lambert Donna Oberg
11:00 – 11:10 (10 min)	Update on SB 5093 Interim Legislative Taskforce recommendations for school nutrition requirements	Donna Oberg
11:10 – 11:50 (40 min)	Discussion of the next steps for Committee's work <ul style="list-style-type: none"> Proposed recommendations to the BOH for potential action Related Documents: <ul style="list-style-type: none"> Draft- Recommended Proposed Actions for KC BOH Consideration Gardening grant Action for Healthy Kids 1) The State of School Wellness: Action for Healthy Kids Stakeholder Research; 2) An Action for Healthy Kids Brief for School Administrators; and 3) The New Priority: Nutrition Quality. http://www.actionforhealthykids.org/special_exclusive.php 	Kathy Lambert
11:50 – Noon (10 min)	Wrap-up, Future Communications and Adjourn	Kathy Lambert



Listen!

Comments about Recess Before Lunch:

"By having recess before lunch, our students make better choices about what they eat. They eat more food and always drink their fluids. It is easier to settle them in to the classroom after lunch...rather than after recess. Teachers get their break when kids are at recess so lunchtime is organized 'family style' with teachers sitting with their classes. It is a great way to build community in our school".

— Gretchen Peters, Principal
McKinley Elementary
Tacoma, Washington

For more information:

The Montana Team Nutrition Program developed guidelines for schools interested in switching to recess before lunch. To download, visit:

www.opi.state.mt.us/schoolfood/recessBL.html

To look at Montana schools' success stories with implementing Recess Before Lunch, visit:

http://www.educationworld.com/a_admin/admin/admin389.shtml

Recess BEFORE LUNCH

playtime before lunchtime!

Benefits!

Improved cafeteria atmosphere

- students are more relaxed and focused on eating rather than the playground
- less supervision in the cafeteria
- students have improved behavior

Fewer classroom discipline problems

- students are calmer when they return to the classroom

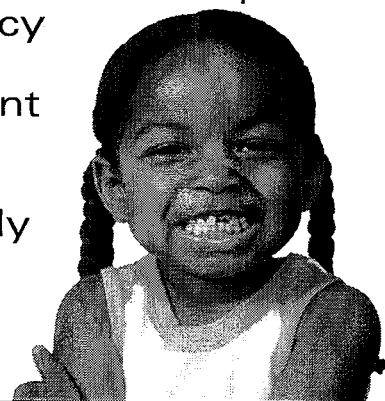
Increase in classroom time on-task

- students return to the classroom ready to learn

Increased milk, vegetable, and entree consumption

- less plate waste, less trash
- increased nutrient and fluid intake; decreased number of nurse visits

- Include Recess Before Lunch as part of your wellness policy
- Low cost to implement
- After a morning of classes, kids are ready to play



Recess BEFORE LUNCH

playtime before lunchtime!

Ready, set...

Seek input from the school and community

Gain a commitment from administrators, food service staff, parents and teachers

Observe schools that have Recess Before Lunch

Plan recess and lunch schedules that allow adequate time to eat

- incorporate a hand-washing plan into the schedule
- encourage students to prepay for lunch to avoid losing money on the playground

go!

Focus on the benefits rather than the obstacles

- think about what's best for the students

Students are likely to be hungrier and thirstier

- have cold water available
- promote the school's breakfast program

Anticipate some resistance to change

Expect the schedule to be a work-in-progress

- practice the new routine and trial for at least a year



 **Action for Healthy Kids™**
—Washington—

Healthy eating
and activity can improve

attendance
energy levels
participation
school behavior
test scores
academic success

Action for Healthy Kids:
www.ActionForHealthyKids.org
www.eatsmart.org

Create a lunch atmosphere that supports healthy eating

Recess after lunch often finds the student focused on the playground, not his or her lunch. Enhanced nutrition and better behavior go hand-in-hand; recess before lunch offers an opportunity for students to benefit from both.

Supporting research for Recess Before Lunch programs

A Montana Recess Before Lunch pilot study documented improvement in the mealtime atmosphere and students' behavior. Discipline problems on the playground, in the lunchroom, and in the classroom decreased.

A 2004 study by Bergman and colleagues of recess before lunch showed comparable results to a previous study by Mary J. Getlinger, et al. After implementing recess before lunch, plate waste decreased from 40 percent to 27 percent. In addition, consumption of calcium-rich foods increased 35 percent along with significant increases in most other vitamin- and mineral-rich foods.*

Research repeatedly shows recess before lunch can help students perform better in school, eat healthier, and promote a lunchroom atmosphere conducive to eating.

*Bergman, E.A., et al, "Relationship of Meal and Recess Schedule to Plate Waste in Elementary Schools." National Food Service Management Institute. Insight, Spring 2004.

*Getlinger, M.J., et al, Food waste is reduced when elementary-school children have recess before lunch. J Am Diet Association 1996; 9:906-908.



King County

King County Board of Health

Staff Report

Agenda item No: 13
Briefing No: 08-B24

Date: October 16, 2008
Prepared by: Dennis Worsham

Subject

A BRIEFING on implementation of the King County Board of Health (BOH) nutrition menu labeling and trans fat regulations.

Summary

Public Health – Seattle & King County has been working to implement both the trans fat elimination and the nutrition labeling regulations passed by the BOH. Phase 1 of the trans fat regulation was effective May 1, 2008, eliminating trans fat from oils and shortenings in restaurants. During regular restaurant inspections from June—September we have found that over 99% of restaurants in King County have been compliant in meeting Phase 1 requirements of the regulation. Phase 2 of the regulation will begin February 1, 2009 and eliminates trans fat from all other foods in restaurants.

January 1, 2009 begins the full implementation of nutrition labeling in chain food restaurants in King County. About 1,651 restaurants representing 155 chains will be providing calories, saturated fat, sodium, and carbohydrates at the point of purchase so that customers can make an informed decision when ordering their meals. Three stakeholder meetings were held to assist in the development of the implementation policies and procedures of this regulation. In addition, a strong evaluation plan has been developed to measure the impact of implementing this regulation and outside funding has been secured.

King County has been a leader in the area of both trans fat elimination and nutrition menu labeling – five other counties in the country have passed similar regulations that require calories or other nutrition information be available to consumers at the point of purchase. Last month, California was the first state to pass a menu labeling regulation and most recently a federal bill was introduced that would require chain food establishments to post calorie information on menus and menu boards while providing other nutrition in a brochure at the point of ordering.

Background

On July 19th, 2007, the King County Board of Health (BOH) adopted regulations to require menu labeling at chain restaurants (R&R 07-01) and elimination of trans fat from permitted food establishments (R&R 07-02). Scientific evidence suggests that consuming artificial trans fat

may significantly increase a person's risk of developing heart disease, which is the second leading cause of death in King County. Research also suggests a link between obesity and eating away from home, and demonstrates that people routinely underestimate the nutrition content of restaurant food.

Rule & Regulation 07-01 required chain food establishments to provide nutrition information through labeling on menus and menu boards, and was scheduled to take effect August 1, 2008. During the 2008 state legislative session, however, several bills were introduced that were supported by the Washington Restaurant Association (WRA) and would have preempted R&R 07-01. After hearing testimony from the WRA and BOH members, the legislature asked King County and the WRA to negotiate a compromise.

The King County BOH chair, the director of Public Health – Seattle & King County (Public Health), and the WRA negotiated amendments to 07-01. As part of the compromise, the BOH adopted the negotiated regulation (R&R 08-01) in March 2008, before the end of the legislative session. In return, the WRA agreed to request that the state legislature not take action on menu labeling bills that would preempt the King County Board of Health's regulation, and also agreed to not be a party to any lawsuit directed at King County regarding rules and regulations on nutrition labeling in chain food establishments. Because R&R 08-01 was adopted under BOH emergency rulemaking authority, it would have lapsed in ninety days. Therefore, in April 2008 the BOH adopted R&R 08-02, making the negotiated menu labeling regulation permanent.

Regarding the BOH trans fat regulation, R&R 07-02 requires all food establishments with permits from Public Health to discontinue using products containing artificial trans fat (defined as 0.5 grams or more per serving). Products sold in the original manufacturer's packaging are exempt. BOH07-02 was effective May 1, 2008, with respect to oils and shortenings used for frying or in spreads. This regulation will become effective February 1, 2009, for margarines, oils or shortenings used for deep frying of yeast dough or cake batter, and all other foods containing artificial trans fat with the exception of unopened prepackaged foods.

Trans Fat

Phase 1

Requires all food establishments in King County to eliminate oils and shortenings that contain artificial trans fat used for frying or in spreads effective May 1, 2008. During routine restaurant inspections conducted from June through September at 3,654 restaurants, **over 99% of food service establishments are in compliance with Phase 1 of the regulation.** Only 25 restaurants were found in violation of the artificial trans fat ban, due mainly to trans fat in fry oils.

Phase 2

Requires elimination of all other foods containing artificial trans fat including margarines, oils or shortening used for deep frying of dough or cake batter and all other foods containing artificial trans fat, effective February 1, 2009. The ban does not apply to foods served in the manufacturer's original, sealed package.

Assessment: Phone surveys were conducted to assess zero trans fat product availability with the three major suppliers serving King County – Sysco, Food Services of America, and US Foodservice – as well as a manufacturer (Ventura Foods).

Availability: Suppliers did not indicate a concern about product availability for zero trans fat products including shortening, margarine, doughnut fry oil, prepared foods, and ready-to-cook items. There is now a good range of products available with a minimum of several choices in most categories. According to industry representatives and research there is a rapid change in zero trans fat product availability, including those for baked goods.

Cost: Our research suggests that as more products become available the prices will decrease (as has already happened with the zero trans fat oils), however some products may be 20-25% more than those containing artificial trans fat.

Acceptability: Zero trans fat products for baking have improved significantly. Restaurants with “signature” food items often require more testing to maintain the same flavor profile.

Recommendations: The results from the zero trans fat product availability survey conducted by Public Health indicate that the Phase 2 effective date of February 1, 2009 for the artificial trans fat elimination should not be modified. According to findings from national trend reports, and data from the NYC DOHMH and industry representative interviews, zero trans fat products are readily available in King County.

Nutrition Labeling

Restaurants Required to Post Nutrition Information

The nutrition labeling regulation requires that all restaurants with 15 or more locations nationwide with at least one establishment in King County must comply with the rule if they serve substantially the same menu items and gross \$1 million in annual sales. Public Health Seattle-King County has sent letters to all restaurants that were identified as meeting the chain definition solely using numbers of establishments. If the food establishment felt they did not meet the full definition of a chain restaurant, they were able to submit an appeal to Public Health. Currently 1,651 restaurants in King County will be required to post nutrition information starting January 1, 2009 – this represents 155 chain restaurants.

Stakeholder Process

The Nutrition Labeling Stakeholder Committee met three times following the approval of the amended nutrition labeling regulation. The purpose of the meetings was to review the revised regulation and help guide the implementation policies and procedures. Participants included:

Washington Restaurant Association
Wine Institute
Anthony's Restaurants
Black Angus
Ivar's
Red Robin

Restaurants Unlimited
Round Table Pizza
Shari's Restaurants
Starbuck's
Taco Time
Wendy's

Other restaurants that participated in the process without attending the meetings included:

Applebee's
Dairy Queen
McDonald's

Chili's
Denny's
Qdoba

Meeting evaluations were conducted to assure that the process was working effectively for the participating restaurants and that their input was being incorporated into the process. The meetings were successful and stakeholders felt they were heard and appreciated having the opportunity to provide input into the process.

A final stakeholder process is currently underway for drive-throughs. Implementation for nutrition labeling on drive-through menu boards is August 1, 2009.

Nutrition Labeling Evaluation

Behavioral Risk Factor Surveillance System (BRFSS): From May through September of this year, nearly 900 King County adults have participated in the pre-implementation survey. This survey is conducted by telephone using a random-digit dial methodology and will continue through December when we estimate a total of 1400 adults will have participated. The survey collects information concerning the respondent's visits to chain or fast-food restaurants in the past seven days, seeing and use of nutritional information in these establishments, and the respondent's estimate of what his or her normal calorie intake should be. A post-implementation survey will be conducted beginning in January 2009 through December 2012 to monitor the impact of the nutritional labeling regulation.

RWJ Grant Award: Public Health Seattle-King County was awarded a \$400,000 grant by the Robert Wood Johnson Foundation to implement a baseline and post-implementation point-of-purchase survey. As part of the award, a Technical Advisory Committee was established with other jurisdictions implementing menu labeling, along with leading research professionals from across the country that will help guide the process.

Point-of Purchase Survey (POP): The POP will be conducted at 50 locations from the top ten most common fast food restaurants and coffee chains in King County. The POP will collect 50 completed surveys from each identified chain for a total of 2,500 surveys for both pre and post implementation. Timeline:

June – July 2008	POP pilot test (six locations)
Oct. – Dec. 2008	Baseline data collection (50 locations)
April – May 2009	Post data collection (50 locations)
April – May 2010	Post data collection (50 locations)

Menu Audit: Working with Dr. Barbara Bruemmer at the University of Washington, we will conduct menu audits of chain restaurants that are affected by this regulation to determine if there has been an impact on standard menu items offered for sale. As part of the evaluation we will monitor to see if restaurants begin to offer healthier options and smaller portion sizes. Menu data will be collected from 230 establishments, which will include all quick and full service chains that fall under the regulation.

Restaurant Sales Data: One of the many positive outcomes of the stakeholder process was that we had several restaurants step forward and offer to share sales data to help with our evaluation process. As part of the evaluation, we are planning to monitor the impact of the regulation on items offered for sale at the chain restaurant and determine if customers are ordering lower calorie menu items after January 1, 2009. We are working with two chain restaurants (one quick service and one full service) to collect pre and post restaurant sales data.

Nutritional Labeling National Trends

Across the country, five jurisdictions – King County, New York City, San Francisco, Santa Clara Co and Multnomah County – have adopted regulations requiring chains to post nutrition labeling. In addition, over twenty jurisdictions are considering nutrition labeling regulations. Most recently, the State of California passed nutrition labeling legislation that impacts 17,000 chain locations that will go into full effect in 2011 and preempts the regulations passed in San Francisco and Santa Clara County. California chains with 20 or more locations in California will be required to provide brochures containing nutrition information in their restaurant starting July 2009.

Voluntary Labeling: YUM! Brands recently announced that they will add calorie information on menu boards at KFC, Pizza Hut, Taco Bell, and Long John Silver's at 4,000 company-owned stores. They are providing leadership and encourage others to join them according to their press release: "We hope all restaurants, supermarkets and convenience stores follow our lead."

National Nutrition Labeling Bill: The Labeling Education and Nutrition Act (LEAN) of 2008 (S2784), was recently introduced into Congress and would require chain restaurants with more than twenty locations nationally to label their menus and menu boards with calorie information and make other nutritional information available to consumers prior to ordering. The LEAN Act would require information about federal dietary guidelines for the caloric intake for a typical adult. Restaurants could post calories in a variety of places, such as in a menu insert, appendix or supplemental menu, as long as the information is available to consumers before they order. Link to S2784: http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=110_cong_bills&docid=f:s2784is.txt